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Make your kitchen modern

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AUGUST, 1948

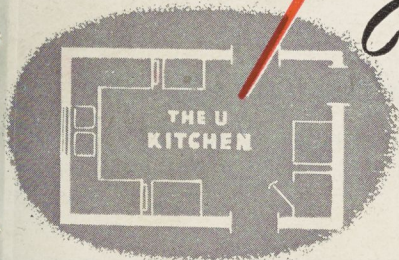
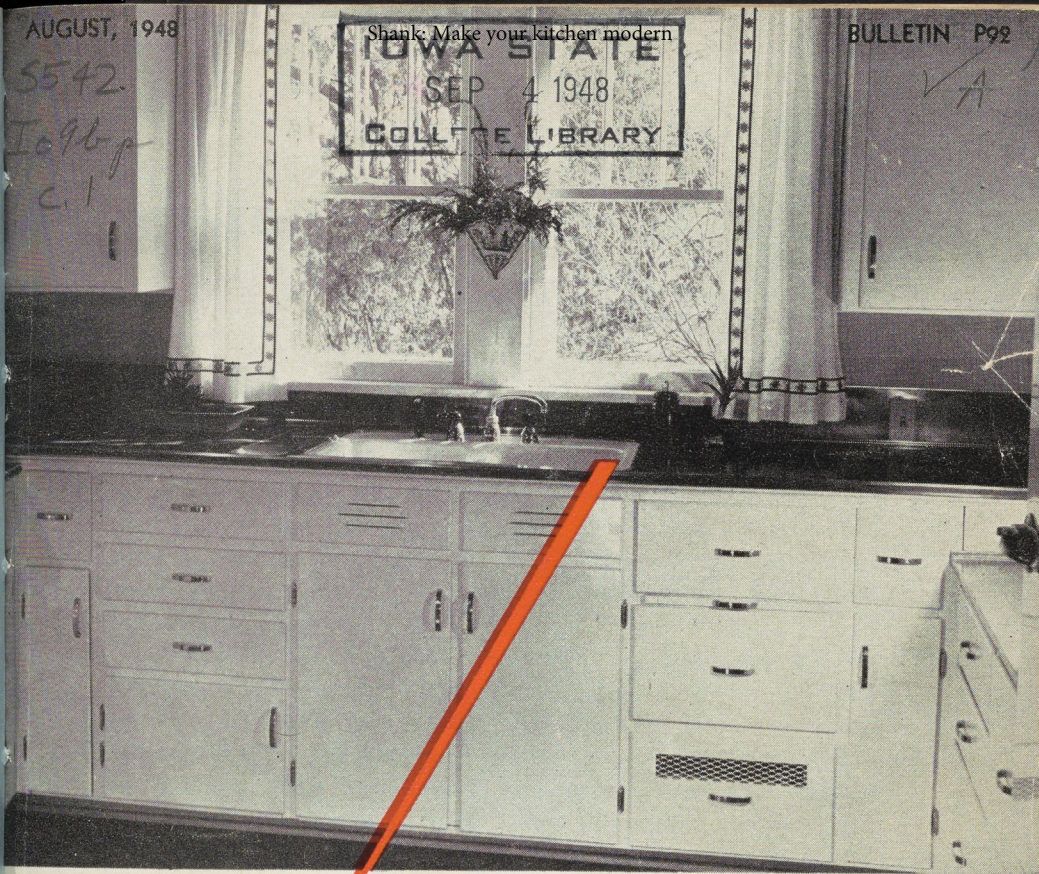
Shank: Make your kitchen modern

BULLETIN P92

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Make Your **KITCHEN MODERN**



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make your **KITCHEN MODERN**



BY NAOMI SHANK

Your kitchen is your work center and the heart of your home. You're likely to spend more hours there than in any other part of the house. So plan it for your convenience. Even an old kitchen can be rearranged to cut down walking and lifting, stretching and stooping. Plan your hours in the kitchen to be pleasant ones.

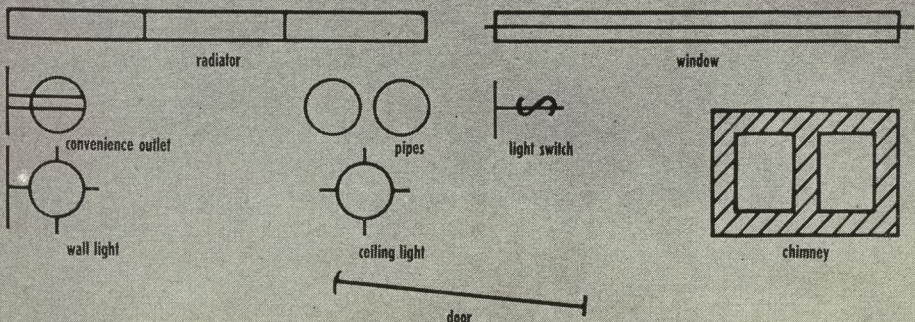
And remember the family. At the very beginning it's important to get everyone's cooperation. Have everyone list what he thinks should be a part of the kitchen. Decide together whether most of the meals throughout the year are to be eaten in the kitchen. Will the laundry, food preservation and business records be done in the kitchen? Then what about a corner with an easy chair for reading and listening to radio market reports?

Seldom can all of your ideas be used in remodeling. Compromises are to be expected, but the final kitchen plan will be influenced by your family's ideas.

WAYS TO IMPROVE KITCHENS

The starting point in planning is to get the exact measurements of the kitchen. Use a long running tape so as to avoid

SYMBOLS





errors. Draw a plan of your kitchen to scale on paper, allowing $\frac{1}{4}$ to $\frac{1}{2}$ inch to the foot. Indicate windows, doors, pipes, room heating system, chimney, wiring, switches, convenience outlets and lights. Next make a rough sketch of your first-floor plan, so you can see how the kitchen fits into the rest of the house.

Make changes with pencil and eraser rather than push heavy furniture about. It's easier to talk with carpenters and supply dealers, too, when they have your scaled plan drawing in hand.

As you look at your paper plan, what possible improvements do you see? Here are some suggestions:

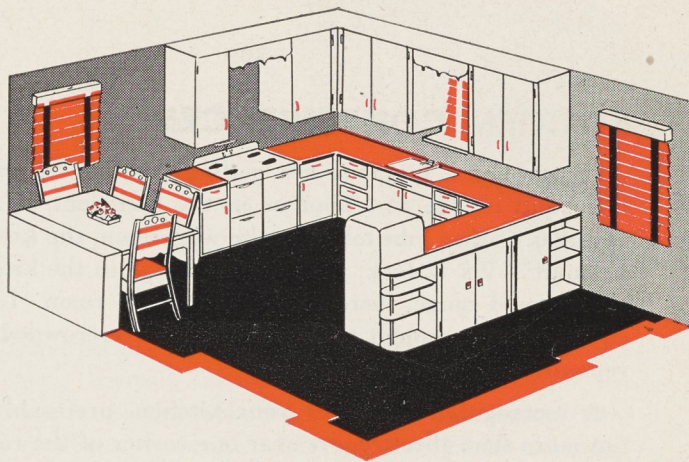
1. Rearrange your present equipment to make convenient centers for preparing meals. Try to shorten distances from work table to range or from dishwashing center to dish cupboard. Raise or lower counter heights. Change the way you have things stored to reduce stooping, lifting and bending. A rearrangement plan is most important when one is renting, or cannot buy new equipment or large amounts of building materials.

2. Close up unnecessary doors. Two doors — the service door and the door into the rest of the house — are all that are really necessary. Doors located along one side or at a corner of the room are best. Shorten the long windows so as to have unbroken wall space for kitchen furnishings. Your window area should be about one-fifth of the floor area.

3. Plan so your family and visitors go around rather than through your kitchen work centers. Don't hesitate to bring equipment out from the walls.

4. Try moving the present kitchen to another first-floor room to see if you can get wall space for work areas and also get double views over the driveway and farm court. But keep the dining room next to the kitchen.

5. Look for spots where you can add new storage spaces, work counters and equipment. Choose them to fit your family's needs and to add to other equipment,

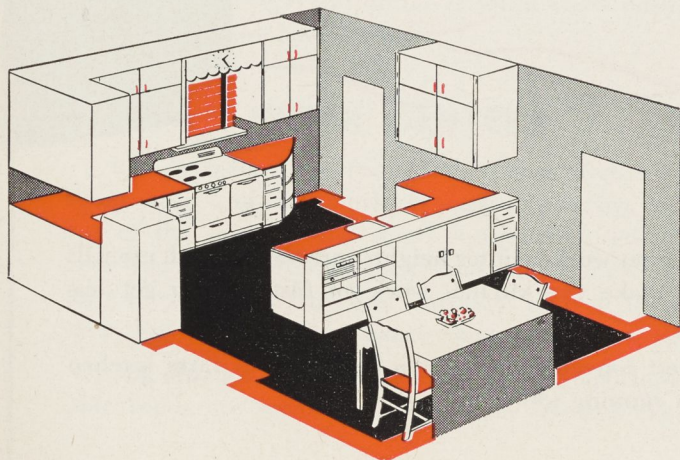


6. Reduce the size of the room with a peninsula or island work counter, or a 3 to 5-foot-high partition. This will divide your kitchen working space from your eating and resting spaces.

7. Remove partitions or rebuild the present room. Such changes, especially with load-bearing partitions, cost money and need careful planning with help from a competent carpenter.

8. Let the kitchen be a new addition to the old house.

9. If you're building a new house, study the floor plans. If you want changes, have the carpenter or architect make them on the blueprints before the foundation gets under way.

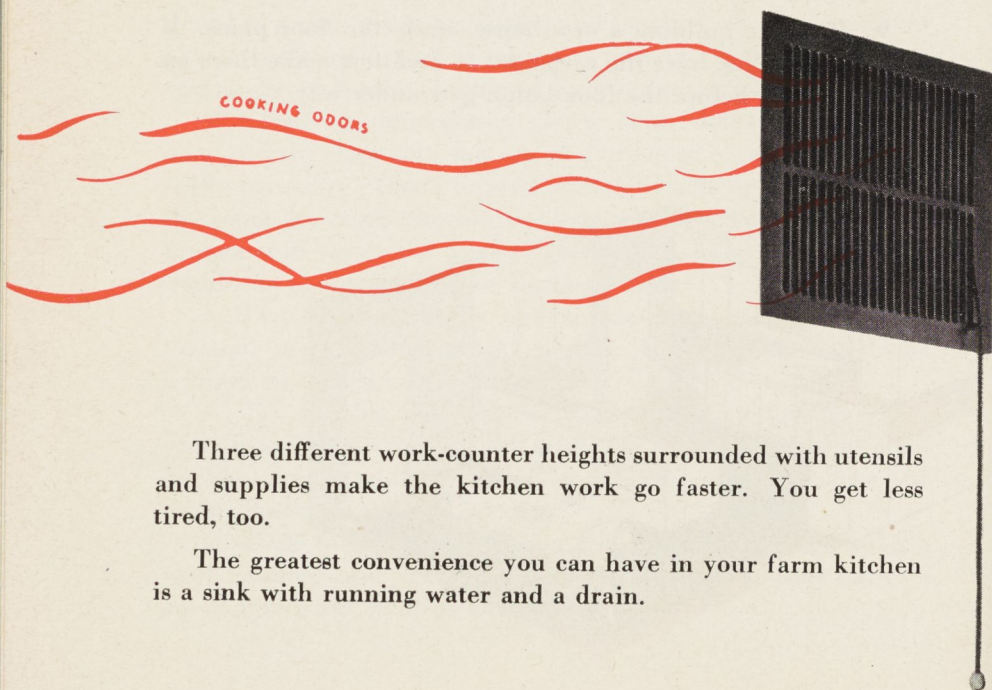


KITCHEN CONVENIENCES

Farm home kitchens are getting smaller. Workrooms are being put on the first floor or in the basement. With laundry and many other jobs taken to the workroom, the kitchen can be as small as 9 x 12 feet. If you wash or can in the kitchen, or use a coal-wood range, increase the size of the room. Let your kitchen be large enough so it won't seem overcrowded and inconvenient.

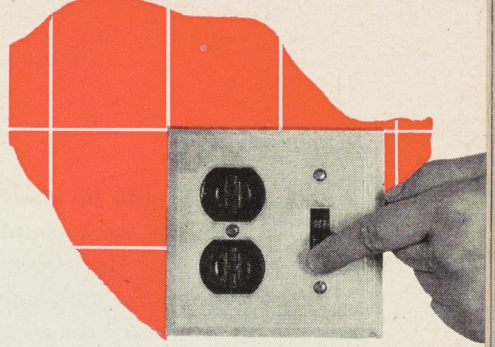
A rectangular shape for your kitchen, preferably with two, not more than three, doors near one corner of the room, will reduce traffic through it. This allows good wall space for arrangement of equipment.

Two outside walls are desirable for good lighting, cross ventilation, and views of outside farm activities. Locate windows and doors to give cross ventilation and to control traffic. A door transom and glass in the upper half of the door will provide cross ventilation and light. An electric exhaust fan can be installed to carry off steam, smoke and odors.



Three different work-counter heights surrounded with utensils and supplies make the kitchen work go faster. You get less tired, too.

The greatest convenience you can have in your farm kitchen is a sink with running water and a drain.



Every kitchen needs adequate wiring for light and power. For good general lighting install a central ceiling fixture. An additional fixture over the sink, work counter and eating table will prevent shadows, eyestrain and fatigue. Shield all bulbs with globes, reflectors or shades to prevent glare.

Place wall switches at door openings between elbow and shoulder height for easy control. Locate the switches together on opposite sides of a partition, so you can darken the room you have just left as well as light the one you're going into. For greater safety have a wall switch, rather than a pull chain, for the light over the sink. When you can't have electricity for good lighting, place a bracket fuel lamp with metal reflector at each work center.

There will be at least five places where you'll want to use electric equipment in your kitchen: refrigerator, mixer, clock, eating table, range. Place outlets for your appliances above counter tops, and make sure the circuit they are on is not overloaded. For your electric refrigerator, provide an outlet on a separate circuit, direct to the service box. This assures no overload interference at any time. A set-in clock outlet is the ideal way to hang an electric clock.

KITCHEN WORK CENTERS

After you have put your kitchen measurements on paper, set them aside, and start work on some step-saving centers. Make a list of the supplies and small equipment used in the kitchen. List them under Refrigerator, Sink and Range. You will probably have spoons, cups and knives at each of the different centers. Fit your list into storage above and below the counters.

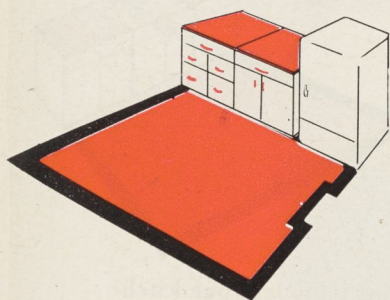
The No. 1 or Mixing Center, where your staple and perishable foods are combined, is planned around the refrigerator.

This center should be close to the service door and sink. Here you will want a work counter 3 to 5 feet long, at a convenient height for you. Have storage space above and below for the measuring, mixing and baking equipment. Your list will help you plan size and kind of storage shelves, drawers and files.



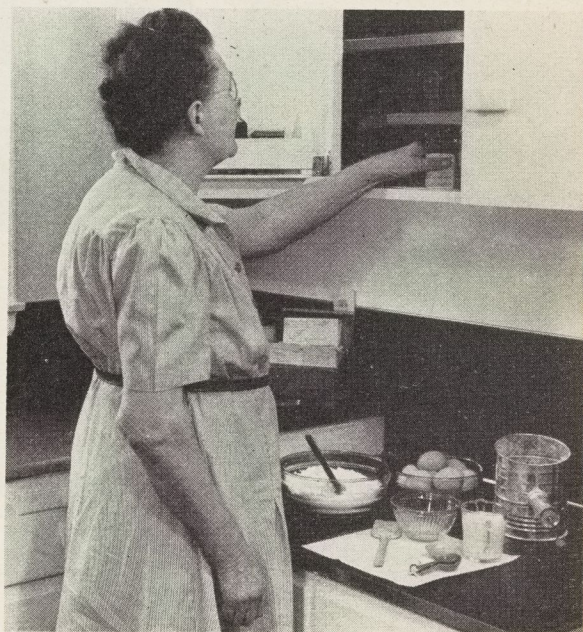
Recipes
Measuring cups, spoons
Flour sifter
Mixing bowls, spoons
Electric mixer
Egg beater
Knives, spatulas
Pastry blender

Seasonings
Staple supplies
Perishable foods
Baking, roasting pans
Casseroles
Lunch box supplies
Food choppers
Graters, cutters

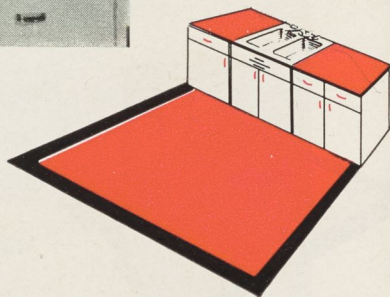


Rolling pin
Molding board
Baking powder, soda
Spices, extracts

Scissors
Refrigerator dishes
Canned, packaged foods
Can opener



The 'No. 2 or Clean-up Center is planned around the sink. This is where you spend most of your kitchen hours. Here foods are prepared for storage or cooking. Used dishes and cooking tools are stacked and washed here. That means you will need work counter space, at least 3 feet of it, on both sides of the sink. Bring together here all the everyday dishes, cleaning supplies, and utensils which are used and filled at the sink.



Plan your No. 2 center even though you remodel your kitchen before running water comes into the house. At least have the convenience of a waste water drain.

Paper towels
Waste, garbage cans
Everyday dishes and silver
Dish pans
Dish drainer
Plate scrapers
Towels
Soaps, cleansers
Silver polish
Aprons

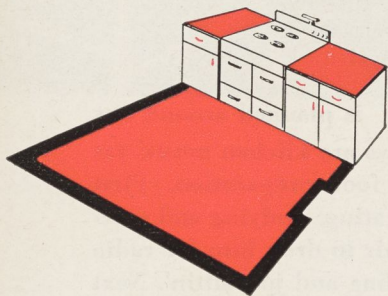
Knives, brushes
Sink strainer
Strainers, sieves
Can opener
Teakettle
Saucepans with covers
Soup kettle
Chopping board
Coffee maker
Trays

The No. 3 or Cooking-Serving Center is planned around the range. You'll want it near the most frequently used family eat-

ing table. Bank either side of the range with work counters.

The counter to the left, if no more than 18 inches, is mighty convenient for hot pans, serving dishes, canner loadings and dredging board. To the right you will want at least 2 feet of counter for spreading out baked foods and jars to cool. It is also welcome space for serving up extra plates.

If yours is a coal-wood range, have a work counter on casters. Let it be the wood box or a lapboard table. Roll it up to within safe arm reach when you are cooking and serving.



Sometimes with a problem kitchen, a range in an island saves steps. Shelves to the back are handy for serving and storing dishes.



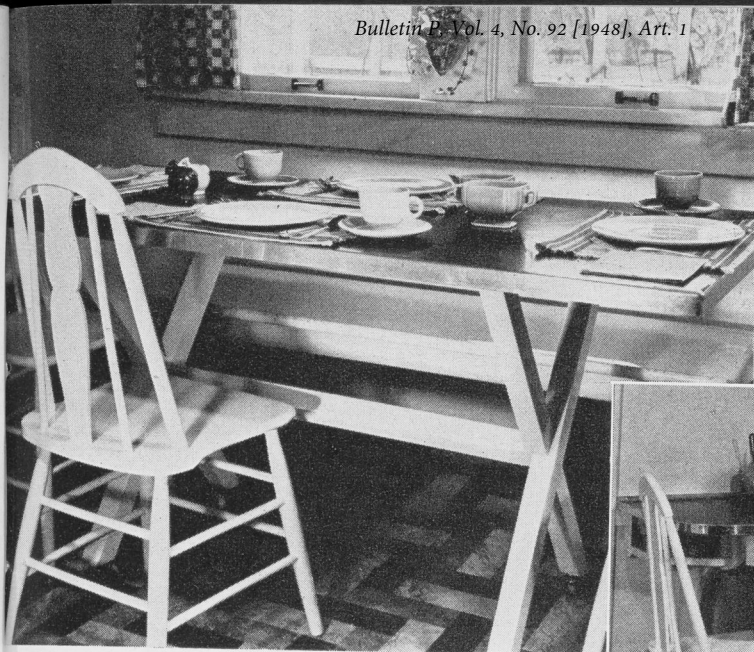
Your work counters need storage above and below for those kitchen supplies used mainly at the range.

Flour, seasonings
Drippings
Hot pads
Forks, spoons
Tongs, ladles, turners
Funnels
Measuring cups, spoons
Frying pans, griddle
Saucepans, covers
Dutch oven, roasters
Double boiler
Potato masher

Beverages
Teapot
Serving dishes
Platters
Cooling racks
Deep fat fryer
Cooking thermometers
Chopping board
Foods used first with boiling water:
cereal, macaroni
Canned vegetables
Electric appliances

The No. 4 or Family Living Center is planned around any number of things which your family says are kitchen musts, yet which have nothing to do with actual food preparation. First there is a comfortable dining table for eating, studying and maybe pattern cutting. Then a favorite chair to drop into for radio listening, reading, mending, baby cuddling and just sittin'. Next





a planning desk for working on record books, work schedules, menus, market lists and mail. Add a cleaning closet. Also a play corner with children's toys.

Whatever the musts are, storage is important to keep down clutter and confusion. This check list will help you plan for open or closed shelves, drawers, full-length cupboard doors or planning desk:

Memo pads

File

Writing supplies

Bills and receipts

Account book

Equipment guide books

Guarantees

Menus and recipes

Bulletin board

Children's toys

Radio

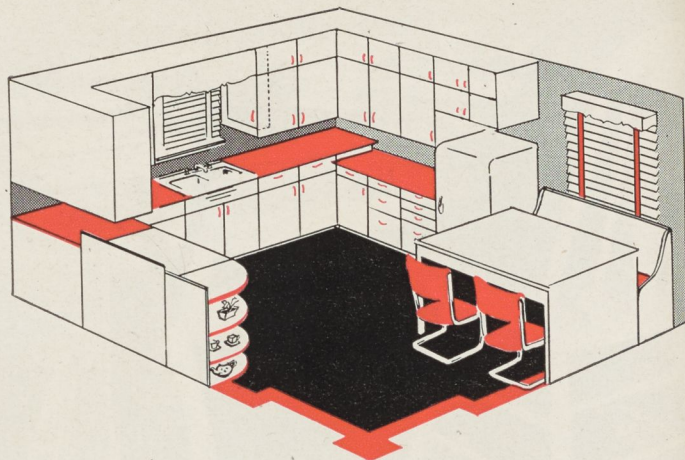
Newspapers

Magazines

Cleaning supplies

TYPES OF KITCHEN ARRANGEMENT

Now that you have thought somewhat about your kitchen centers, fit them into one of the four basic step-saving plans.

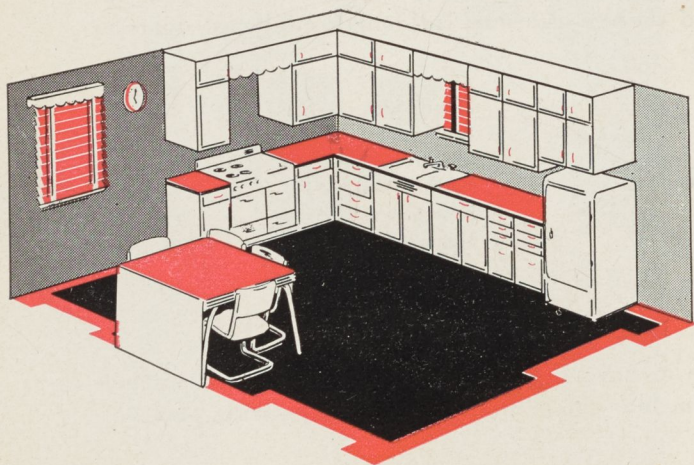


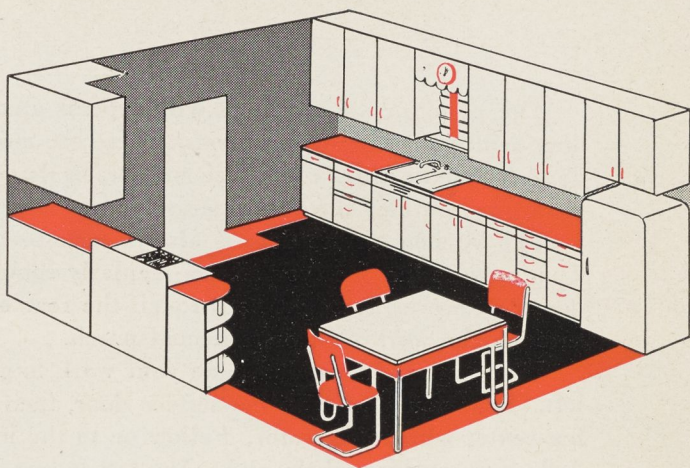
The U

The U arrangement is the best for removing the criss-cross traffic which has nothing to do with food preparation. Your No. 1, 2 and 3 centers are along three walls. This allows the best flow of work. One end of the kitchen is left free for the family living center.

The L

The L with work centers along adjoining walls is sometimes easier to arrange in remodeling. It allows more space for the family living center.



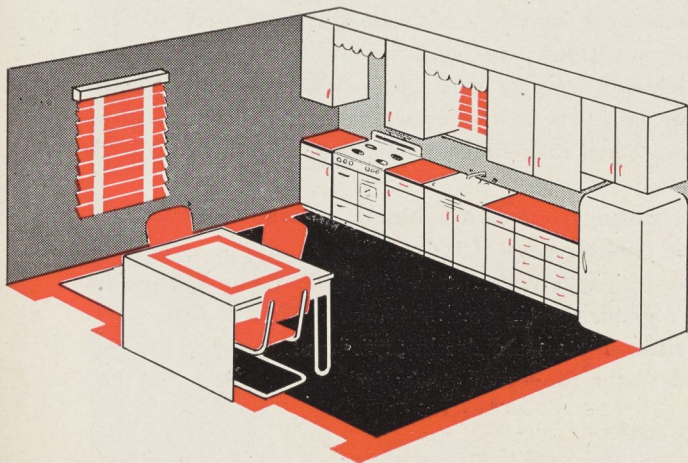


The Two-Wall

The two-wall or corridor arrangement puts your work centers along two opposite walls. This brings work together, but if doors are at either end, traffic is not reduced. Neither is it so easy to plan the family living center. The most convenience comes from keeping your No. 1 and 2 centers together on one wall.

The One-Wall

The one-wall is the least desirable plan. However, it does save time and steps when centers are grouped in order of work.



The plan for your centers will depend upon what can be done with your kitchen problems. These are mostly doors, windows, room heating, room size and traffic lanes. In some remodeling you may have to separate your work centers.

The kitchen service door is always your best starting point. That may be the door you all use regularly coming in from outdoors. However, it might be through the rear entrance hall or through the workroom or protected porch.

If you are right handed, plan your work to go from right to left. Thus you start with the service door, then the No. 1 mixing center with refrigerator. Follow on to the left with the No. 2 clean-up center and the sink. The last in order, and closest to the dining area, would be center No. 3 with range. Sometimes a coal range with chimney will mean switching No. 1 and No. 3 centers. This would have you work from left to right, which is harder for most people.

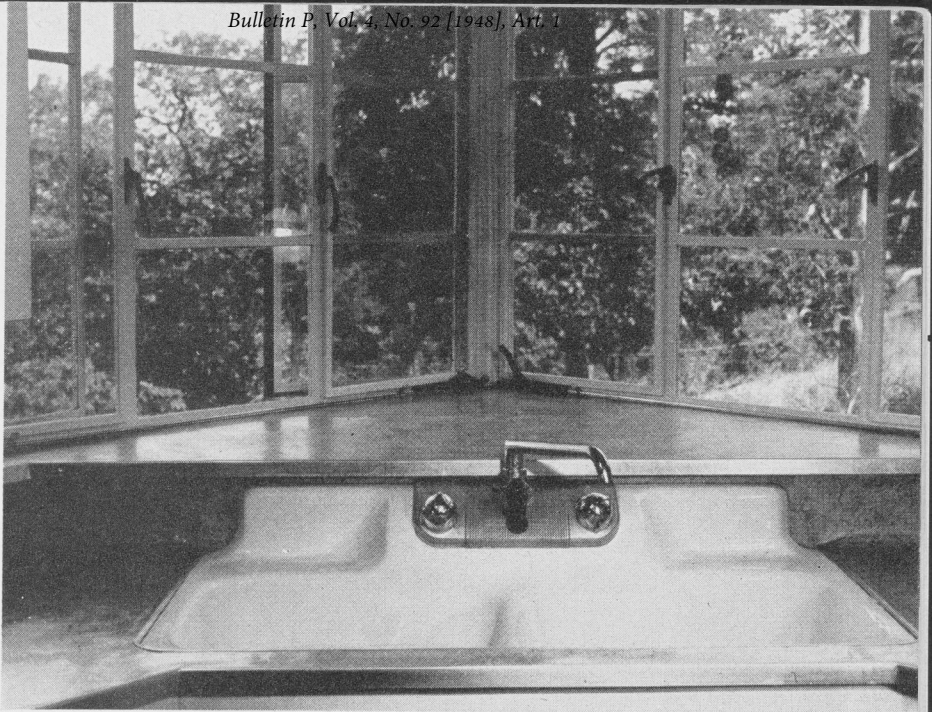
REFRIGERATOR

A farm refrigerator should be at least 9 cubic feet. You may wish to replace yours with a larger one later. Keep this in mind when putting cabinets around and above it. Also leave space for air circulation — this means at least 2 inches for each side and 12 inches above the top of the refrigerator to the first shelf.

SINK

Put your sink unit wherever it will be the most convenient for clean-up work and for views of farm court and drives. This might be under a window, on the bias under corner windows, along an inside wall, or part of a peninsula or island kitchen divider. Seldom can this unit offer wall storage for more than everyday dishes. Keep dish shelves close together to avoid high stacks.

If you are building your own cabinets, set the sink back $1\frac{1}{2}$ inches from the counter edge if it is a flat-rim single or double-compartment style. Have your work counter come up to the sink rim. Plan for a good, slanting splashback which will turn water back into the sink. Install a swinging mixing faucet for the soft water. A hard water faucet is easily installed with a flat rim sink.



These corner sink windows give cross ventilation and a double view of farm activities.

A hinged shelf provides counter space to left of sink. Dried dishes are placed on top of the island divider. Shelves below, on dining area side, are convenient for dish storage.



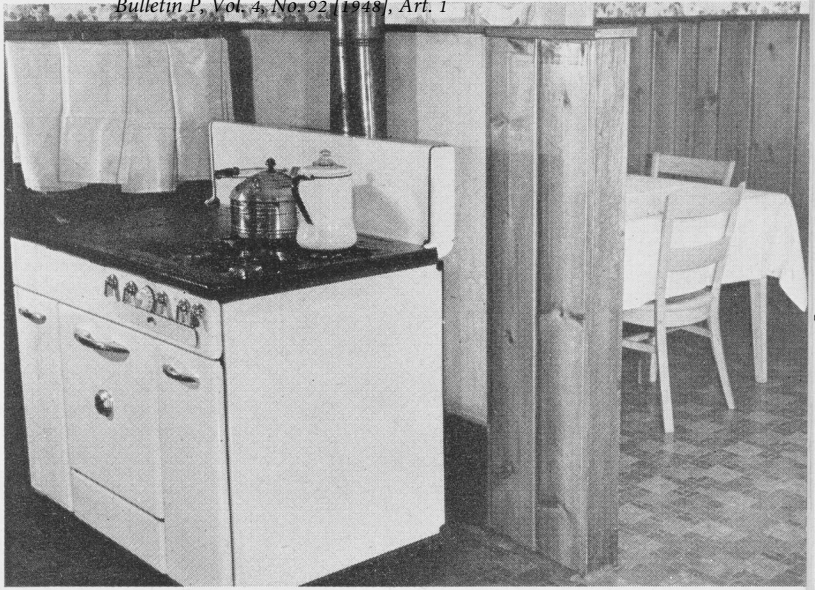


Stock cabinet sinks come with and without drain boards. They also can be had with automatic dishwashers and electric disposal units for food wastes.

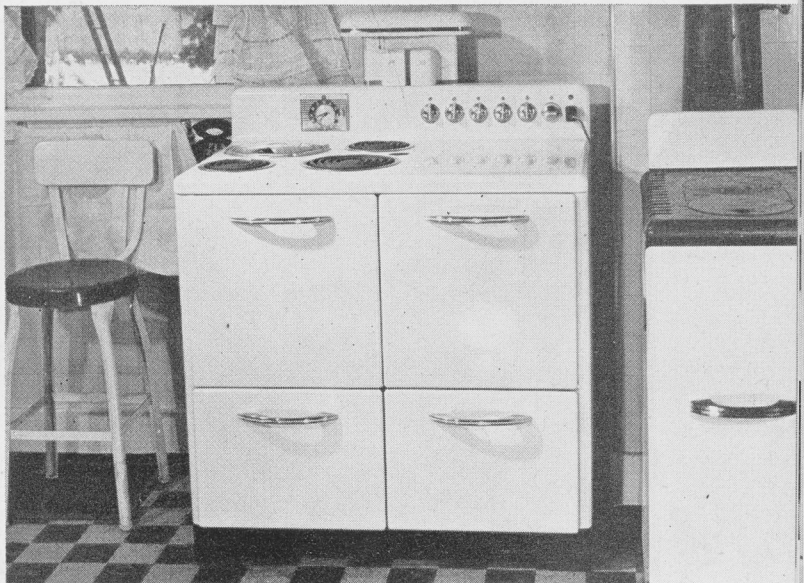
The limited space under the sink is not too good for storage because of piping. Narrow side shelves, racks on doors, hooks and sliding rods sometimes work in nicely. But all sink cabinets must be ventilated at top and bottom. Pipes may have to be insulated for protection against freezing.

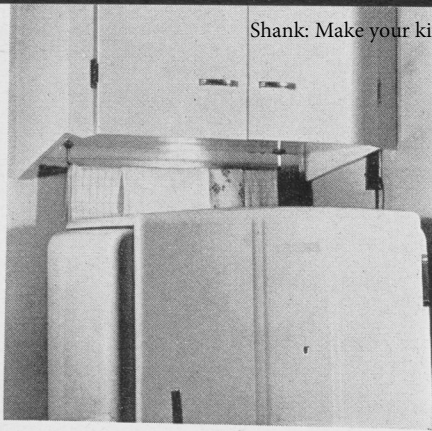
RANGE

Automatic and insulated gas or electric ranges with flexible connections are best. You can put your No. 3 center wherever it is most convenient when venting to a chimney isn't necessary. You can also put work counters right up to the range.



A coal-wood or combination range always needs a chimney and space around it for the heat to escape. Combination ranges and separate circulating space-heaters are good for putting extra heat into kitchens. Place a wall cabinet over a range only if you have an exhaust fan and must have extra seasonal storage space. The first shelf must be at least 36 inches above the range top.





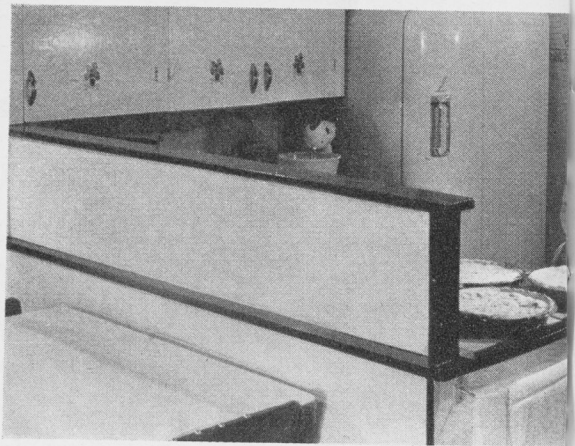
TOWEL DRYING

Towel drying is never successful under an enclosed sink. Use behind-the-refrigerator warmth.

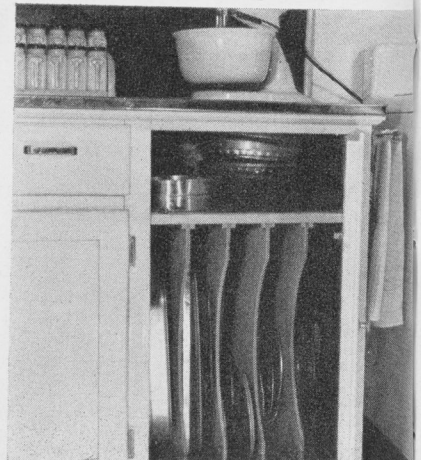
Or place the drying rack at open end of a dividing peninsula or at end of counter near modern range.

STEP-SAVING ISLAND AND PENINSULAS

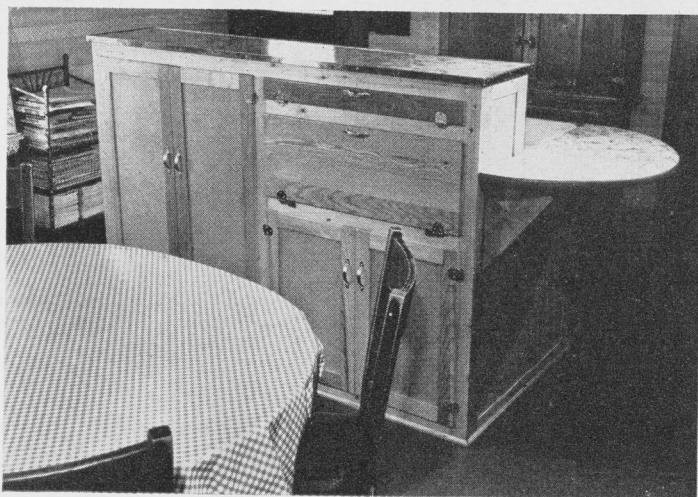
This well-planned peninsula arrangement provides ample work counter space, divides kitchen from dining area with service counter. Note drawers in dead corner space and decorative shelves.



Carefully planned storage provides finger-tip control of utensils. Note movable dividers for baking equipment.



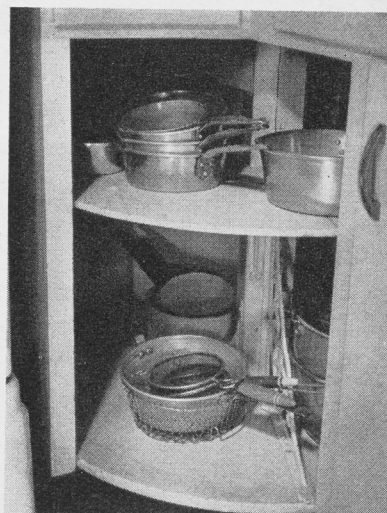
Here an island unit provides sink, range and counter space opposite wall cupboard. Saves steps, avoids traffic, and divides kitchen and dining area. Note cupboards next to table.



USEFUL CORNERS

A small kitchen requires use of all possible storage space. Lazy Susan turntable provides place for flour and sugar bins in dead corner area.

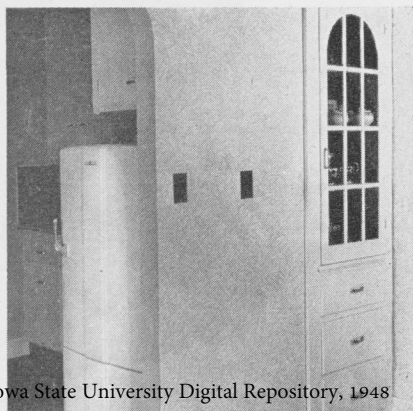
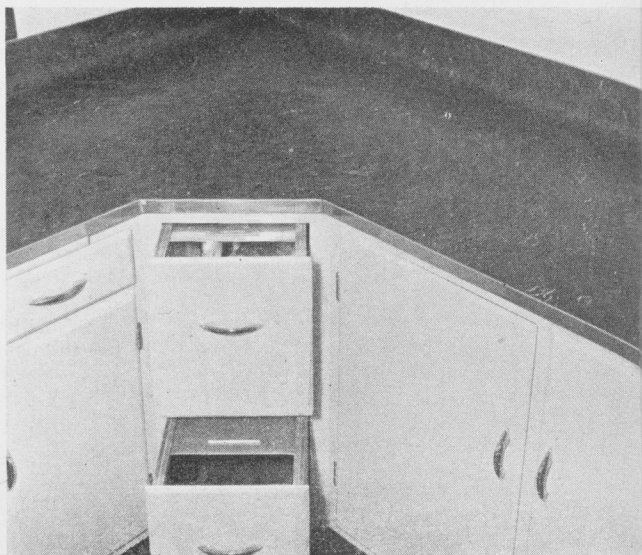
Pots and pans are handy but take up little room when stored in Lazy Susan.





Storage room often exists where little suspected. Dead corner space under the kitchen at the basement stair landing is used for cleaning closet.

Try built-in metal drawers for practical use of that dead corner space which comes when work counters are built around kitchen.



Even an old chimney corner becomes useful when kitchen and dining area are re-done. Here it is converted into a china cupboard and linen storage.

PLANNED CABINETS

WORKING HEIGHTS

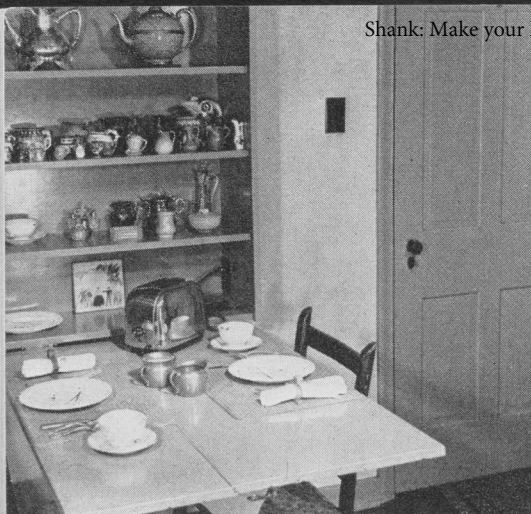
Your eye and your reach set the limits for the work counters and storage spaces. You will want floor to ceiling elevation sketches to show counters, wall and base storage measurements. These will come in handy as kitchen building and buying guides. Remember that the storage arrangement within each center is as important as its location to reduce reaching, stooping, lifting and walking.

Let someone with a measuring tape help you take your kitchen measurements. For stand-up jobs requiring muscular action, stand erect and at ease, with feet slightly apart and arms down at sides. Raise your forearms from elbows until the palms of your hands rest on a table height you could mix food on without stooping. The distance from the floor to your hands will be the working height for your mixing center.

Many women prefer this height for the base of the sink basin, too. This will be 32 to 36 inches. If you have drainboards to a 6-inch sink, this brings them up to 38 inches. If the sink is 8 inches deep, the drainboards will be up to 40 inches.

Your arm reach from side to side will be about 48 inches, without off-balance stretching or stooping. The last shelf up that you can use with a finger grip will be about 72 inches from the floor. You will reach down easily to about 28 inches from the floor. Keep counters within 24 inches from front to back for easy reaching, cleaning and working space. A good standing or sitting posture requires toe space at floor level. This is about 3 to 4 inches. Manufactured equipment that is 36 inches high will be all right for the jobs requiring wrist action.

For sitting down jobs, sit at ease in a comfortable chair with a back support. Have your feet flat on the floor and arms down at the side. Raise your forearms from elbows until they are parallel with floor. Distance up from the floor to your wrist is the height for your lapboard. It is also a good work counter height for your junior cooks. The height will be 25 to 30 inches. Keep these same measurements in mind for work-counter extenders. Put linoleum on them for easier cleaning. Some ideas for work-counter extenders are shown on the next page.



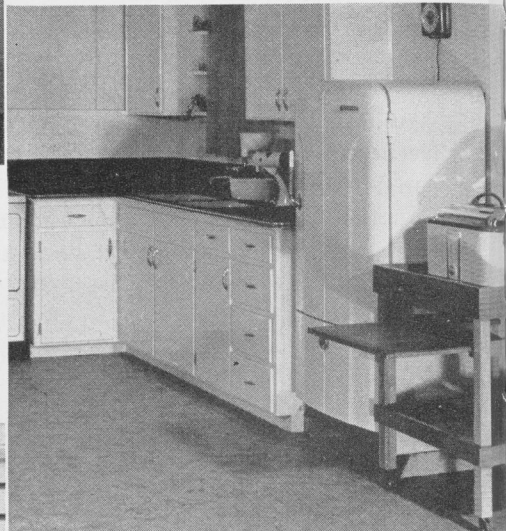
Eating tables.

Hinged shelves to sides of tables, cabinets or to front of walls, windows and blocked up doors.

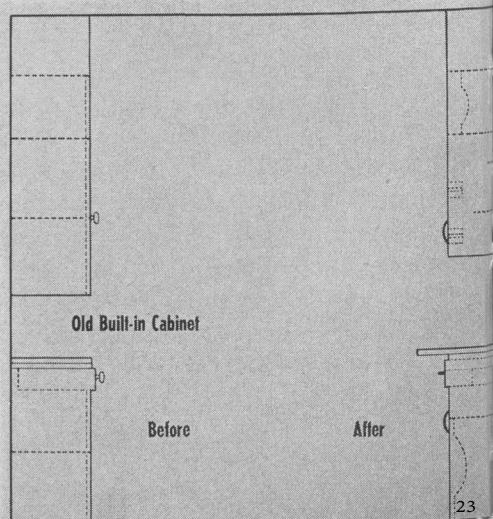


Lapboard.

Lapboard table on swivel casters.



Plywood covering installed over present narrow base cupboard to extend working surface from the wall and provide toe space.



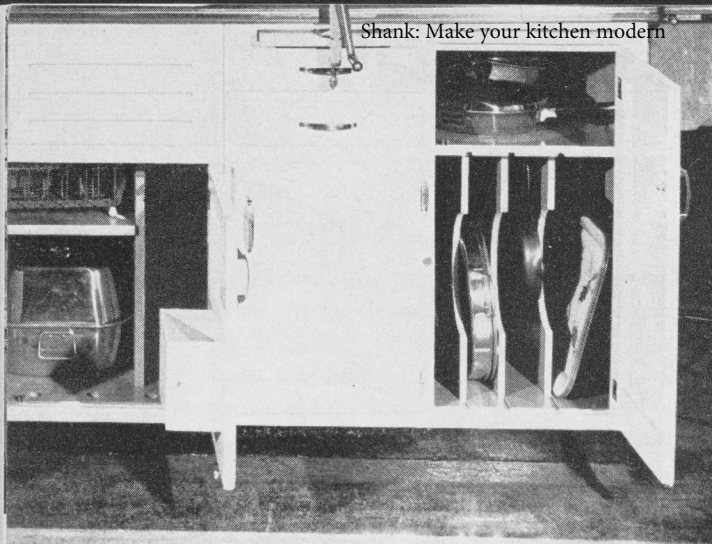
EVERYTHING AT YOUR FINGER TIPS

Look again at the sizes and shapes of the supplies and utensils which go to each center. Will you want drawers, shelves, panels for hanging things, or a combination of these? It's important to be able to see and grasp quickly the item you want to use. This can be done best with one-row and one-layer deep storage. There are a few items of the same size and shape, like glasses, cups, canned goods and pans, which can be stacked or stored two or three rows deep.

General kitchen cleaning will be easier if you extend 12-inch-deep wall cupboards to the ceiling. The space above 78 inches high is good for storage of seasonal items. Let it have separate doors. Keep the break in doors in line with the top of the kitchen doors and windows.

Place smooth, easy-to-grip metal or wood handles within easy reach. They will be low on wall cabinet doors, high on drawers





and base cabinet doors. Use double friction catches under the shelves, at top or bottom of hinged doors. Half-concealed hinges make a neat appearance. Avoid too wide and long single doors. They require extra hinges and are very much in the way when open. Doors which slide from side to side and can be lifted out for cleaning are good. Some types of grooves are hard to clean except with a vacuum cleaner attachment. Have fronts of doors and drawers flush, without paneling, for easy cleaning. Plan for each cupboard door to open and close separately. Avoid a frame where two doors come together in one cupboard space.

SHELVES

Add enough metal or notched wood stripping to your cupboard walls so that at least three shelves are adjustable. In some centers you might like cut-out shelves. Narrow shelves attached to the backs of doors fit snugly into cut-out spaces. Shelves which do not extend the full width or depth of the cupboard can hold pitchers, tea pots and coffee makers.

To get things out of stacks into finger-tip reach, put dividers in wall and base cabinets. Try them in drawers as well as shelves. A slanting file with dividers is one of the best ways to store platters and chop plates. The slant is set by the width of the largest platter to be stored.

Put glass or linoleum on shelves where supplies or containers might cause scratching or leave stains and odors.

Pull-out shelves in base cabinets do away with low bending and kneeling. Add some portable half-width shelves or a movable stair-step section to your old kitchen cabinets. A shelf insert with file dividers also helps. You can sometimes cut back the center of the shelf and fit a shelf rack on the door.

Spice shelves, measuring spoons and cups can be hung to the inside of a cupboard door just clear of stored items on the shelves.

DRAWERS

Make the back of each drawer about $\frac{3}{8}$ inch higher than the sides. This keeps the drawer anchored when in use. You will have to lift the front end to get it out. A drawer guide strip makes drawers easier to use. Rub the side pieces, top and bottom, with paraffin or wax for easy gliding. Repeat this every 6 months. Fit the shallow drawers with removable partitions, the deep drawers with shallow sliding trays.



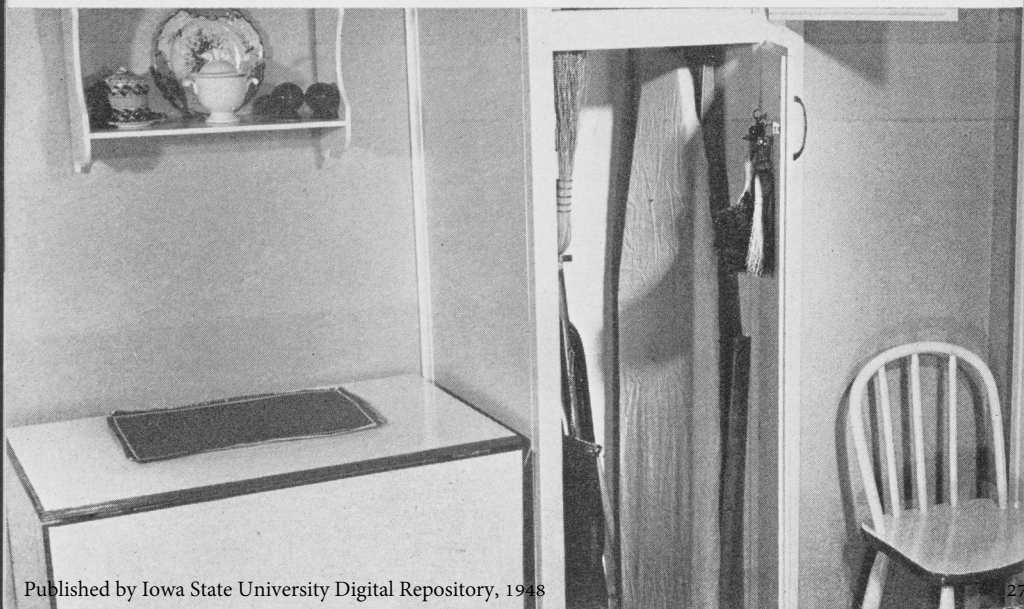
You might like some vertical drawers. They are made narrow to slide in and out. They may have panels with hooks for hanging utensils, open shelves with side supports for packages, or rods for towels. Wider drawers are made with metal liners, toe recesses and ball bearing, rubber-tired swivel casters.

If you want drawers for sugar, flour and baked goods, have them fitted with removable metal liners. Ventilated drawers are good for small supplies of fruits and vegetables. For deep drawers in base cabinets have the side next to the worker lower than the other side. This will reduce the height you have to reach over.

CLEANING SUPPLIES

You will find that a convenient cleaning closet is an aid to orderly and easy housekeeping. Always try to place it handy to all parts of the house. If no space can be found elsewhere, then do try to get it into your kitchen plan.

A shallow cupboard against the back of the kitchen door may be your answer. The space between a wall and a door opened back against it sometimes allows a cupboard about 4 in-



ches deep. Make it as long as the door or the broom and mop. Add shelves and hangers.

THE EATING AREA

When your family come in to eat, it's important to have a roomy, well lighted eating spot so that they can really relax. Chairs are more comfortable than built-in benches. However, a wide built-in padded seat at only one side of a movable table can be useful for napping as well as sitting.

FINISHES

Refinishing cabinets takes patience and lots of time. It goes faster when shelves, file dividers and partitions are removable. Refinishing is best when done in a warm, dry, airy room. It is important to sandpaper. Let the air clear and then wipe the finished surfaces. Do this between each coat.

A good paint job will take a primer coat, a coat of flat white, a mixture of flat and enamel, and then one or two coats of enamel. Light shades can be used on the outside with contrasting colors on the inside of cupboards and drawers.

Wax finished surfaces to reduce scratching and cleaning. Sometimes varnish is used over the painted interiors before waxing.

If you want an antique or pickled finish, apply a sealer coat first. For the next steps, brush on an oil stain or paint. Work one small area at a time — about 2 feet square. Wipe this off immediately or just as it gets tacky. When dry, finish with clear varnish, a floor seal or paste wax.

Ask your paint dealer about the best treatment for his finishes.

COUNTER TOPS

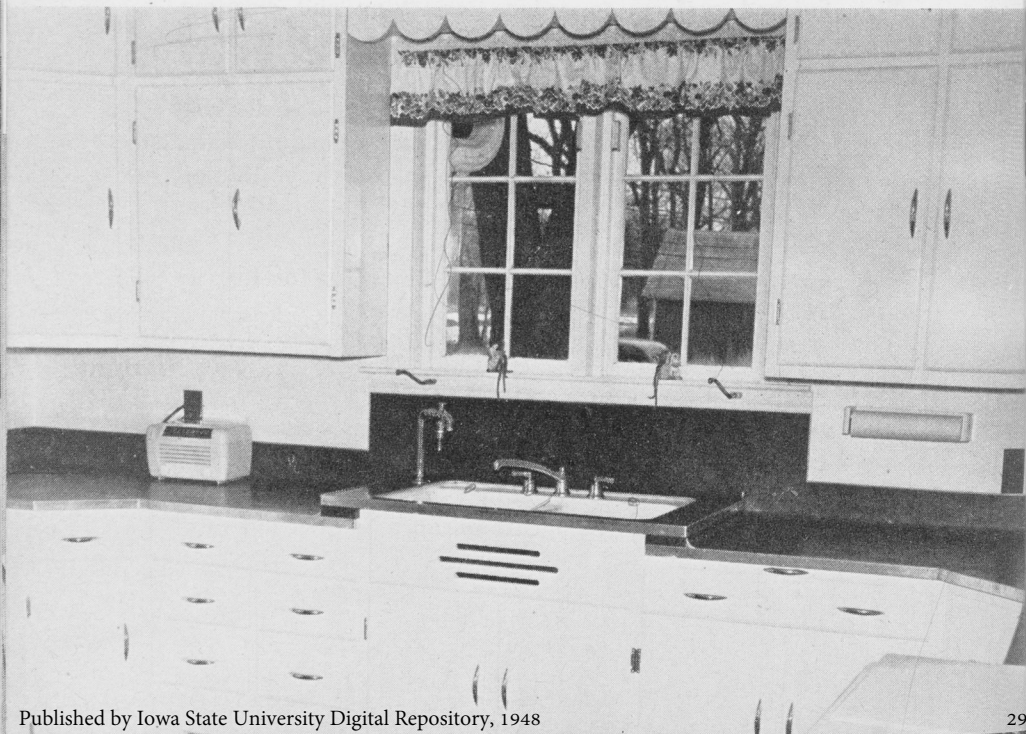
Your work counter tops can be inlaid linoleum, pressed wood or grease-resistant asphalt, cork, rubber, plastic or ceramic tile. Always choose a material which can be extended up the wall for a splashback. A close-grained hardwood may be used but must be kept well oiled.

Linoleum that keeps its shape has been a long-time favorite for both counter tops and floors. It is economical and easy to care for. Always cement it with waterproof cement to absolutely smooth surfaces. Wood or rubber cove can be used under linoleum at counter tops, toe recesses and baseboards to keep it from cracking. Special metal strips to finish the edge around sink rims, counter edges and doors prevent scuffing and moisture seepage.

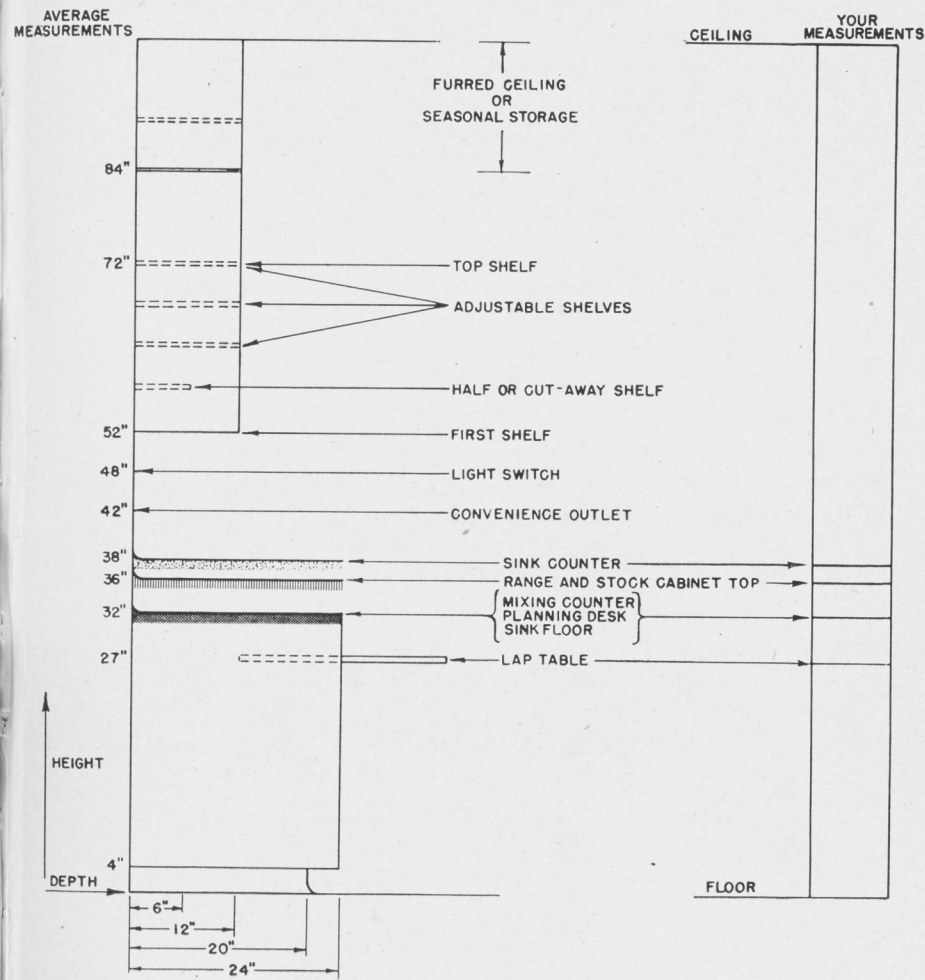
WINDOWS

Have broad, short windows 42 to 46 inches up from the floor. Long, high windows can be shortened. This allows you to arrange your work centers more conveniently.

Over the sink, the casement window is better than the double hung window. The casement window is easier for the average height woman to open and close so that room air and humidity can be quickly changed. Whatever the style you choose, plan for full-length screens and storm windows.



PLAN YOUR CABINETS AND WORK COUNTERS TO FIT YOU AND YOUR EQUIPMENT



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